

Med Vennlig Hilsen

With Friendly Greetings

Sons of Norway - Grønnavik Lodge 5-632 - Green Bay, WI

Vol 29—No. 2—March/April 2023

Kalender

March

8—International Women's Day
21—Cultural meeting, 6:30
Trinity Lutheran

April

9—Easter
11—National Cheese Fondue Day
18—Cultural meeting, 6:30
Trinity Lutheran
21—Deadline for Newsletter

Gratulerer med dagen!

March

1 Stacey Gruenke
1 Ron Jacobson
3 Aspen Gruenke*
9 Tom Anderson
11 Steve Below
13 Elle Taylor
21 James McKanna
23 Kathy Braun
23 Kathryn Romsos
26 Karen Vedvik
28 Ann-Marie Bennfors

April

3 Noah Jensen
4 Shirley Pennock
7 Mary Swain
7 Jan Widell
13 Karen Hepp
13 Alec Nitti
15 Dawn BergsBaken
15 Lynn Jensen
19 Josh Agen
20 Johanna Galt
23 Frida Galt*

For our April Cultural Meeting, we will be having a guest speaker—her name is Kari Tauring. (<https://karitauring.com>) She resides in Minneapolis with her husband and two sons.

She is a Norse cultural educator, folk musician, spiritual leader, and healer. She sings, dances, and is a story teller. She will be in the Green Bay area teaching and sharing at UWGB.

Please mark your calendars and bring your friends to our meeting on April 18th at 6:30pm. If you would like, please bring a Norwegian treat to share after the presentation.



Ole wasn't feeling well so he went to the doctor. After examining him the doctor took his wife, Lena, aside, and said, "your husband has a very sensitive heart. I am afraid he's not going to make it, unless you treat him like a king, which means you are at his every beck and call, 24 hours a day and that he doesn't have to do anything himself." On the way home Ole asked with a note of concern "What did he say?" "Vell," Lena responded, "he said it looks like you probably von't make it."



Fra vår president: Eileen Larson Below I'm never sure about writing a column in the pre-springtime. Yesterday the sun was shining, the lawn was bare and there were hopeful buds on our lilac bushes. By the time you're reading this, we'll probably be cranking up the thermostat and discovering muscles we never knew we had from shoveling all that lovely snow.

What am I sure about? Our upcoming lodge meeting on March 21st. Kyle Day will provide a program on the History of Nordic Dance. Kyle competed for, and won, a coveted spot as one of the Stoughton High School Norwegian Dancers. I've promised him an engaged and enthusiastic audience, and I know you won't let me down. April's meeting is still in the planning stages. We have two interesting program choices and will have to wait and see which one wins out. Stay tuned!

Have you noticed that the lodge meetings are now called "Cultural Meetings" in the newsletter? I like that! Maybe February's Comedy Night wasn't the height of sophistication, but it was great fun. It also prompted me to research Heavy Water. For the uninitiated, like me, the accounts of courage and sacrifice by the Norwegian resistance to thwart Nazi Germany's efforts to make an atomic bomb were fascinating. Those few saboteurs and their missions played a major part in preventing Hitler from gaining control of Europe. What a tremendous testament to Norwegian determination.

Yours,
Eileen



Bare til din informasjon: In case you missed it, Sons of Norway announced in November 2022 that Viking will be published bimonthly. This move was, of course, due to budget issues. (No pun intended!) The choice was to either go 100% digital or scale back publication to 6 times per year. I think they make the right choice.

Merknad fra redaktøren: Speaking of 100% digital. If you would like to receive your copy of *Med Vennlig Hilsen* as an email, please let me know. You will get to see all of the pictures in color and will receive your copy before the newsletter even goes to the printers! Contact info on back page.

Fra Kjøkkenet:
Karen and
Colleen

Munchies for January were provided by Karen, Colleen and Mollie B. A big thanks to Elle for the popcorn in February. What a great addition to TV night! We will be having cheese and crackers in March and Norwegian treats in April, so bring your favorites for both months!

Påske is second only to Christmas for Norwegians. They enjoy the world's longest Easter celebration as schools, shops, and businesses are shut down for the holiday.

Excerpts from "Påske Party" by Taylor Hugo. *Viking*, April 2022



Norwegian homes and shops are decorated in yellows to represent warmth and happiness. Other popular colors include purple for dedication and good deeds, white for purity and joy, and green for hope and new life. Påskekylling, or Easter chicks, are a fuzzy little symbol of fertility that replaces the Easter bunny as the emblem of the holi-

day. Dyed Easter eggs are a symbol of new life and the resurrection of Jesus. Used as table centerpieces, these sustainably dyed eggs are sometimes hidden for the children to find before they are eaten for brunch.



Eggs are popular for Easter all over the world, but especially in Norway where it's estimated 30 million eggs are enjoyed over the holiday. Chocolate is also very popular at Easter, but not bunnies and peeps. The sweet choice is Kvikk Lunsj, or "quick lunch." Similar to a KitKat, these have been on the market since 1937. Oranges are also an Easter staple, with an estimated 20 million oranges eaten during Easter annually! The sweet, tangy citrus represent sunny days ahead and no doubt feel good after the long winter. Let's not forget the påskeøl! Similar to how juleøl is the national beer of Christmas, Norwegians drink påskeøl during Easter. Light, fruity, and refreshing are the hallmarks of these beers that goes hand in hand with the spring season.



The Easter Sunday festivities culminate in a traditional dinner shared with family. As a symbol of Christ, lamb has long been a popular choice for the holiday meal. But rakfisk is another option.

Typically, Norwegians will head to their cabins for the holiday. From luxurious to a simple one room, the hytte is the gathering place for the family. Many try to get one last ski session in before the end of the season. But, they also like to curl up to read a good book. For nearly 100 years, påskekrim has been a tradition in Norway. Although murder doesn't normally go well with the joyous season, it does there. The Sunday before Easter in 1923, two Norwegian authors launched a front page newspaper ad to promote their new crime novel. The headline worked, "Bergen train looted in the night" made the book skyrocket to success. Since then, publishers in Norway have released their crime novels right before the Easter holiday.



Så Beklager for Tapet Ditt:

Ronald Krines, husband of Grønnvik member Carla Krines passed away on February 22, 2023. Services were held March 3rd at Calvary Lutheran Church in Green Bay.

Please remember to notify Carol Brunner, our Membership Secretary, if you have a change in phone, e-mail or home address. It greatly helps her to keep accurate records for our lodge. She can be reached at thebrunners@milwpc.com or (920)336-7044.



Grønnvik Lodge

Green Bay, WI

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Grønnvik Lodge Meetings are usually the third Tuesday of the month at Trinity Lutheran Church, 330 S. Broadway, Green Bay, WI



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Gronnvik Lodge Green Bay



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Now that the weather is getting nicer, it might be time to start working on one of your fitness goals for the year. How about a sports medal as a way to reward yourself for keeping a good habit...you know, besides feeling better, breathing better, creating a sense of well being and all that other stuff.

Fra vår sportsdirektør: Dawn BergsBaken

The Gangmerke (walking medal) is a good one to start now. A bronze medal can be obtained with only 100 miles of walking if you are 70+...that's only a mile a day over the summer. (For 55-69, it's only 105 miles.) You can walk indoors, outdoors, or on a treadmill.

From MayoClinic.org: The benefits of walking everyday include: Maintain a healthy weight and lose body fat; prevent or manage various conditions, including heart disease, stroke, high blood pressure, cancer and type 2 diabetes; improve cardiovascular fitness; strengthen your bones and muscles; improve muscle endurance; and increase energy levels.

Who doesn't need any of that??

